

## MRS. THOMSON TELLS WOMEN

How She Was Helped During Change of Life by Lydia E. Pinkham's Vegetable Compound.



Philadelphia, Pa.—"I am just 52 years of age and during Change of Life I suffered for six years terribly. I tried several doctors but none seemed to give me any relief. Every month the pains were intense in both sides, and made me so weak that I had to go to bed. At last a friend recommended Lydia E. Pinkham's Vegetable Compound to me and I tried it at once and found much relief. After that I had no pains at all and could do my housework and shopping the same as always. For years I have praised Lydia E. Pinkham's Vegetable Compound for what it has done for me, and shall always recommend it as a woman's friend. You are at liberty to use my letter in any way."—Mrs. Thomson, 649 W. Russell St., Philadelphia, Pa.

Change of life is one of the most critical periods of a woman's existence. Women everywhere should remember that there is no other remedy known to carry women so successfully through this trying period as Lydia E. Pinkham's Vegetable Compound.

If you want special advice write to Lydia E. Pinkham Medicine Co. (confidential), Lynn, Mass. Your letter will be opened, read and answered by a woman and held in strict confidence.

### The Kind.

"He was a regular furnace of wrath."

"Yes—a hot air furnace."

### For Nail in the Foot.

Horses and cattle are liable to blood poisoning from stepping on rusty nails. For such an injury apply Hanford's Balsam of Myrrh and get it into the bottom of the wound. It should kill the poison germs. Always have a bottle in your stable, because you will find different uses for it. Adv.

The Brazilian government estimates next year's revenue at \$169,680,000 and expenditures at \$174,254,000.

### To Drive Out Malaria

And Build Up The System Take The Old Standard GROVE'S TASTELESS CHILL TONIC. You know what you are taking, as the formula is printed on every label, showing it is Quinine and Iron in a tasteless form. The Quinine drives out malaria, the Iron builds up the system. 40 cents. Adv.

Any married woman will tell you that her husband grumbles around the house—when he's away.

### IMMEDIATE ATTENTION

should be given to sprains, swellings, bruises, rheumatism and neuralgia. Keep Mansfield's Magic Arnica Liniment handy on the shelf. Three sizes—25c, 50c and \$1.00.—Adv.

Some people take particular joy in telling the truth when they know that it is unpleasant.

Always proud to show white clothes. Red Cross Ball Blue does make them white. All grocers. Adv.

Every man knows worse of himself than he knows of other men.

Weak, Faint Heart, and Hysteria can be rectified by taking "Renovine," a heart and nerve tonic. Price 50c and \$1. Adv.

A little fish in a small puddle makes him be big.

### If Never Came Back

Backache Sufferer. Thousands will tell you what wonderful relief they have had from Doan's Kidney Pills. Not only relief, but lasting cures. If you are lame in the morning, have headache, nervous troubles, dizzy spells and irregular kidney or bladder action, don't wait until gravel, dropsy or Bright's disease gets hold. Use Doan's Kidney Pills, the best recommended kidney medicine.

### An Oklahoma Case

"My Father Told a Story." Mrs. Mary McClain, 116 Chestnut St., Tulsa, Okla., says: "I was in bad shape with diseased kidneys for five years. My back was so lame, I could hardly walk and it was all I could do to get to the bathroom after stopping. I felt as if I was sinking, and I was. I had headaches and dizzy spells too. Doan's Kidney Pills restored me to good health, and I have had practically no kidney trouble since."

Get Doan's at Any Store, 50c a Box. DOAN'S KIDNEY PILLS. FOSTER-MILBURN CO., BUFFALO, N. Y.

### Tut's Pills

stimulate the torpid liver, strengthen the digestive organs, regulate the bowels, a remedy for sick headache. Unequaled as an ANTI-BILIOUS MEDICINE. Elegantly sugar coated. Small dose. Price, 25c.

W. H. U., Oklahoma City, No. 44-1915.

## A PAGE FOR LADIES OF FASHION

Nellie Maxwell Tells of things new and delicious to tempt the Palate

A Department Devoted to the Personal Interests of

Julia Bottomley's Latest Ideas on International Fashions

## The Lady Friends of the Tulsa Star

## The KITCHEN CABINET

The cabinet of failure are. No positive aim in life, no special preparation, lack of appreciation of the many opportunities for self-improvement in health, desire to be in the swim of fashion and pleasure, haste to get rich, selfishness.

### PICKLING TIME.

There are so many relishes, condiments, preserves and jellies to make in the fall that one is embarrassed with ideas to try unless a plan is well thought out. An unusual preserve which is well liked is the combination of the small yellow cherry tomato and pears. The acidity of the plum with the rich flavor of the tomato is very pleasing.

**White Relish.**—Chop four quarts of the white inner leaves of cabbage, a quart of chopped celery, one quart of white stringless beans, cut in bits, one quart of silver-skinned onions chopped. Sprinkle all the vegetables except the onions with salt, using a cupful, cover with cold water and let stand overnight. In the morning drain off the water, add the onions and put over the heat, add a cupful of grated horseradish, one ounce each of mustard and celery seed, three cupfuls of sugar and a piece of white ginger root. Cover with good vinegar and cook until the vegetables are tender; then put into jars.

**Green Relish.**—Take two quarts each of green tomatoes and green cabbage, chopped, one quart of green cucumbers, one quart of green peppers and a few white radishes, chopped. Place the vegetables in a stone jar and pour over them enough cold water to cover, adding a cupful of salt. Let stand overnight, then drain off the water. Put three quarts of vinegar in a porcelain-lined kettle and three cups of sugar and three small bags containing one ounce each of allspice, clover, pepper, mace, mustard and celery seed. Mixed spices may be used if preferred. Cover with vinegar and cook until the vegetables are tender. Add more salt if not enough has been used. Put in jars and seal.

**Chili Sauce.**—Take 24 large, ripe tomatoes, six green peppers, four large onions, three tablespoonsful of salt, a half cupful of brown sugar and a cupful of vinegar. Chop the peppers, onions and cut up the tomatoes; put all in a kettle and cook one hour. Put in bottles and dip corks in melted paraffin.

### MORE GOOD GRAPE DISHES.

A most delicious dessert may be made using the large white or purple grapes. Skin and seed them and cut in halves, add to a cupful of the grapes four slices of chopped pineapple, a half cupful of almonds, a dozen marshmallows, cut in quarters, a cupful of cream, whipped and mixed with two tablespoonsful of a good boiled dressing to give it seasoning. Serve as a salad or in sherbet cups as a dessert.

**Grape and Almond Salad.**—Remove the seeds from a quart of grapes and cut in pieces; mix with a cupful of blanched almonds, sliced in strips. Add a half cupful of mayonnaise dressing to which a half cupful of whipped cream has been added. Serve on grape leaves.

**Grape Pie.**—Remove the skins from the grapes, bring to a boil and press through a sieve to remove the seeds. Add the skins to the pulp and cook fifteen minutes, then add a cupful of sugar for each two cupfuls of pulp, a tablespoonful of butter and a teaspoonful of corn starch. Bake in a hot oven with two crusts.

**Sliced Grapes.**—Wash the grapes with a wooden spoon and to seven pounds of the fruit, weighed raw, add one cupful of vinegar after the grapes have been boiled and strained to remove the seeds and skins. With the vinegar, add three and a half pounds of sugar, two ounces of cinnamon and two ounces of cloves, tied in a cheese cloth. Boil the pulp, vinegar and spices together until like a thick marmalade, then put in glasses.

**Grapes in Melon.**—Cut medium sized gem melons in halves; remove the seeds and chill. Fill cavity with shaved ice, sprinkle with nutmeg and sugar and cover with chilled white grapes which have been seeded. These may be served at the opening of the meal or as a finish for dessert.

There is no more wholesome fruit to serve as a breakfast fruit than grapes. They supply important elements which build up the blood.

### GOOD THINGS FOR THE TABLE.

A delicious catchup for winter that is especially fine to serve with fish is the following:

**Lemon Catchup.**—Mix one tablespoonful of freshly grated horseradish with the grated rind of four lemons, add three scant teaspoonfuls of salt, the juice of the lemons, three teaspoonfuls each of white mustard, and celery seed, four cloves and a few dashes of red pepper and boil 35 minutes. This will be ready after standing five weeks.

**Radish Sandwiches.**—Slice thin a few radishes and let them stand in a well seasoned French dressing for fifteen minutes. Remove them and put between thin slices of buttered bread. Serve well chilled.

**Nut Sauce for Ice Cream.**—Boil until it threads a pound of maple sugar and a third of a cupful of water, stir in a half cupful of minced almonds of walnut meats and serve hot over vanilla ice cream.

**Pot Roast.**—Chop a small piece of beef suet and brown it in a deep frying pan or kettle. Add a chopped onion and when well browned add three pounds of round beef, cut in serving sized pieces and brown on all sides. The beef should then be well salted and peppered. Remove the meat to a sauce pan and add one and a half tablespoonfuls of flour to the fat and brown, pour in a cupful of water, stirring constantly. Pour this gravy over the meat in the saucepan and cover. Cook over a slow fire for three hours, or until the meat is tender. Turn it often and add more water if needed. Serve with potatoes, carrots and peas.

**Vegetarian Mince-meat.**—The ingredients required are three pints chopped apples, three pints of chopped green tomatoes, four cupfuls of brown sugar, one and a third cupfuls of vinegar, three cupfuls of raisins, three teaspoonfuls of cinnamon, one of cloves, three-quarters of a teaspoonful of mace, the same of allspice, two teaspoonfuls of salt, and three-quarters of a cupful of butter. Mix all the ingredients except the butter. Simmer for three hours, then add butter and seal in glass cans.

### CHILI SAUCE RECIPES.

This is the time of the year to prepare sauces and relishes for winter use. The following recipes will be found most satisfactory:

**Chili Sauce.**—Scald and peel 24 ripe tomatoes, chop them with two red (hot) peppers and two green, sweet ones and two large onions. Put into an enameled saucepan and add four cupfuls of vinegar, 1½ cupfuls of brown sugar, two tablespoonfuls of salt, a teaspoonful each of whole allspice, cloves, cinnamon, ginger and nutmeg, ground. Bring to a boil and cook, stirring frequently until the onions are done. This will take an hour. Remove and can in large-mouthed bottles. Dip in paraffin to seal.

**Chili Sauce.**—Twelve large tomatoes, four small onions, three red peppers, two tablespoonfuls of salt, two teaspoonfuls of ginger, 1½ cupfuls of vinegar and a third of a cupful of sugar. Boil two hours. Chop the vegetables before cooking.

**Chili Sauce.**—Twelve medium-sized tomatoes, one pepper finely chopped, one onion also finely chopped, two cupfuls of vinegar, three tablespoonfuls of sugar, one tablespoonful of salt, two teaspoonfuls of cloves, two of cinnamon, two of allspice and two of grated nutmeg. Peel the tomatoes and slice. Put into a preserving kettle with the remaining ingredients. Heat gradually to the boiling point and cook slowly 2½ hours.

**Sweet Mixed Pickle.**—Cook all the vegetables separately and keep them as whole as possible. Take two dozen small cucumbers, one quart of white onions, one quart of green tomatoes, cut in cubes; one quart of tender wax beans, one quart of shelled lima beans, not ripe enough to be hard; one quart of carrots cut in strips; two bunches of celery and two heads of cauliflower. Cover the vegetables overnight with a weak brine, then drain in the morning after cooking them in the water. Boil a gallon of vinegar, add two pounds of sugar, a bag of mixed spices, four teaspoonfuls of celery salt. Pour over the vegetables after arranging them in the jars.

Nellie Maxwell

### CURLS TO COME BACK?

INDICATIONS THAT THE FASHION WILL BE REVIVED.

Style Can Be Made Extremely Pretty If Sufficient Care Is Given to Its Arrangement—Influence of Film Shows.

Woman's crowning glory has been the subject of endless experiment.

Not in the way of lotions or ointments, salves and powders—although, from the day of the first shampoo, probably no woman has been quite sure whether raw eggs or cooked shaving soap make the best latter. Yes, we experiment with our locks when ever we wash them, and then sometimes.

But woman has never really made up her mind about what hair arrangement she preferred. First she wore her hair down, then up, and then, when she had forgotten the flowing locks were a sign of barbarism—although there are some maidens of the South Sea Islands, aren't there, who pile their hair on the top of their heads and keep it there with spikes of bone?—she wore it down again, and, tiring of that, she put it up.

Is she going to wear it down again now?

Perhaps. For if you are a devotee of the film shows you will know that many of the moving picture stars wear their hair about their shoulders. And the moving pictures are an influence in modern life—even, perhaps, in the fashion of doing the hair. Already some young society girls have copied some of the favorite picture actresses and wear their hair curled about their shoulders.

The fashions of the present, if anybody knows just what they are, favor a return of hanging locks. For in 1860—perhaps we shall get our bouffant skirts from that period—and in 1870 or 1880—and maybe we shall get a tight bodice and a certain skirt drape that suggests a bustle from that time—women cultivated curls and wore them hanging at the neck or about the face. So with our old-fashioned, new-fashioned frocks a curling lock on the shoulder or about the face would be quite appropriate.

Was the ugly little wisp of hair plastered like a question mark on the cheek last winter a suggestion of the coming abandoned curl? Who knows?

### FOR THE SCISSORS AND PINS

Useful Little Article in the Home That Will Find Ready Sale at Bazaars.

A novel little article and one that hazaar workers will do well to remember, is shown here. The size, to



a certain extent, will be governed by the size of the scissors it is to contain, and for the foundation a piece of stiff cardboard must be cut in the shape shown in diagram A on the right of the illustration. This card is covered on both sides with silk.

The next step is to make a flat cushion of the shape shown in diagram B, to fit across the lower part of the card, and in diagram A the dotted line indicates the point where the top of the cushion should be. The cushion is sewed on to the card at the sides and forms a pocket into which the scissors can be slipped in the manner shown.

### The Silk and Velvet Stripe.

The silk of the '30s is revived. Calot brought it out last summer, but it fell through because there was no way of getting it over here. It has a fall background with broad stripes of velvet going straight across or in a plaid. As the fashion for one-piece frocks will be pronounced, all the lighter fabrics will be in demand for every kind of costume to go under warm coats of fur, or velvet and fur.

### AFTERNOON DRESS



In This Model, Jeanne Lanvin of Paris Has Created a Very Charming Afternoon Dress. The Material is of Gray Crepe de Chine. The Skirt, Which Is Medium Width, Is Gathered at the Waist. A Very Novel Idea in Trimming Is Carried Out by the Many Rows of Closely-Shirred Dark Satin Ribbon Which Are Sewed at Intervals Around the Skirt. Between the Rows of Ribbon Are Placed Rosettes of the Same Material. The Waist Is Plain With a Very Full Sleeve Which Is Gathered Tightly a Little Above the Wrist and a Plain Piece of Material Is Used as a Cuff. The Waist and Sleeve Are Likewise Trimmed With the Same Shirred Ribbon.

### FITNESS MUST BE STUDIED

Many Authorities Hold That to Be the Real Secret of Highest Success in Dress.

Good style includes always a decent respect for fitness. A sister of charity on the box seat of a park drag in a coaching parade would be hardly more incongruous than the frequent spectacle of a woman wearing a heavy crape veil and other signs of grief at a place of public amusement.

The pretty, trailing, clinging gowns are a delight upon the artist dreamer in her studio, but for business and the hustling, bustling walks of life the drapery of a Grecian goddess is incongruous.

Fashions as they are launched each season are only tentative samples. Their designers do not intend that they shall be accepted as law and gospel. Those sold in Paris to the professional buyers are the styles each season which "set the fashions" in America. The Parisian style creators adapt their own creations to suit their private customers. But in America, where the ready-made clothing industry has reached such gigantic proportions, copies of the original sample styles are turned out by the quantity. Women who buy them without discrimination look as if they, too, had been turned out of a factory hopper. Women are not uniform in size, shape, complexion and social requirements, and when they dress as if they were, the result is most unsatisfactory.

Style has to do with the fashions that are in vogue; it also has a great deal to do with the skillful or unskillful way in which the reigning modes are adapted to the woman who is to wear them, and to her needs.—Mrs. Belle Armstrong Whitney, in Good Health.

The whole thing is edged throughout with silk cord, which is arranged in two loops on either side, with the ends that hang downwards knotted and frayed out into tassels. The cord is carried into three loops at the base and again at the top, and the center loop at the top is made rather larger, so that the holder can be suspended from a nail in the wall.

The conventional floral design which appears upon the cushion is embroidered in silk and can quite easily be worked from our sketch.

### Pansies for Brides.

A bride lately, instead of orange blossoms, had a bouquet of white pansies. The bouquet had a large tulle bow with a shower of panicles in it, and more caught in the falling ends.

## ARE YOU SICKLY?

IS THE APPETITE GONE?  
IS THE DIGESTION POOR?  
ARE YOU RUN DOWN?  
COMPLETELY DISCOURAGED?

## YOU SHOULD TRY HOSTETTER'S STOMACH BITTERS AT ONCE. IT REALLY HELPS

New Zealand has prohibited the importation of cooking utensils coated or lined with lead or any of its alloys.

### THICK LOVELY HAIR

Because Free From Dandruff, Itching, Irritation and Dryness.

May be brought about by shampoos with Cuticura Soap preceded by touches of Cuticura Ointment to spots of dandruff, itching and irritation. A clean, healthy scalp means good hair. Try these supercreamy emollients if you have any hair or scalp trouble. Sample each free by mail with Book. Address postcard, Cuticura, Dept. XY, Boston. Sold everywhere.—Adv.

A bachelor girl is sometimes an old maid who is ashamed to admit it.

### COVETED BY ALL

but possessed by few—a beautiful head of hair. If yours is streaked with gray, or is harsh and stiff, you can restore it to its former beauty and luster by using "La Creole" Hair Dressing. Price \$1.00.—Adv.

When a man is compelled to eat his words his appetite is soon satisfied.

For harness sores apply Hanford's Balsam. Adv.

Pacific coast hops are now largely picked by machinery.



What Is

## RICHARDS' MAGIC WASHING STICK

It is NEW

Nothing like it has ever been discovered before.

### It is HARMLESS

It has absolutely NONE of the burning, clothes eating, hand stinging disadvantages of common quick cleaners.

### It is EASY

You do NO rubbing—only HANDLING. You need no elbow grease—no wash board and VERY little time.

### It is CHEAP

It costs less than 2c a washing—sold in 25c boxes. It washes colored clothes without fading—woolens without shrinking or hardening, and positively will not rot or weaken lace curtains so they tear easily, but keeps them strong besides absolutely clean.

Sold by all Druggists and Grocers everywhere. If yours doesn't handle it, show him this ad—he'll get it for you. Or send 25c in stamps to A. J. Richards Co., Sherman, Tex.

DISTRIBUTORS  
Williamson-Halsell-Frazier Co., Oklahoma City, Guthrie, Elk City, Chickasha, Shawnee and Altus.

## HOG CHOLERA

Our FREE BOOKLET explains—HOW TO KILL HOG CHOLERA. WHEN TO USE SERUM ALONE. WHEN TO USE SERUM AND VIRUS. HOW AND WHEN TO VACCINATE. Address Wichita & Oklahoma Serum Co., Exchange Building, Wichita, Kansas, Oklahoma City, Okla.